

## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.





No. 446

August 16, 1940.

(Digest of Market Basket for August 28, 1940)

## VITAMIN A

"Serve plenty of yellow vegetables, green leafy vegetables, and yellow-fleshed fruits while they are in season," advises \_\_\_\_\_, \_\_\_\_\_ (Name) \_\_\_\_\_, \_\_\_\_\_ (Institution) \_\_\_\_\_ (Place). "These fruits and vegetables will supply the body with vitamin A that can be stored for later use."

Carrots, sweetpotatoes, and the greens are especially valuable for their vitamin A. Other seasonal vegetables that furnish Vitamin A are snap beans, okra, green lettuce, yellow squash, green peas, and tomatoes. Among the fruits, muskmellon and yellow peaches are the richest now in season.

A small baby gets a good supply of vitamin A from the milk he drinks. But doctors also suggest that you give him additional amounts of the vitamin by gradually adding cod-liver oil, egg yolk, and mashed greens to his diet. As the child grows he needs plenty of milk, and also fruits and vegetables that are rich in vitamin A. The need for vitamin A continues all through life, but it is especially important for the expectant mother and the mother who is nursing her baby.

One of the first signs that a person is not getting enough vitamin A is the gradual development of night blindness--that is, he does not see in dim light as well as normal persons. When the diet is very low in vitamin A, a more severe eye trouble, called xerophthalmia, results.

A deficiency of vitamin A also has an effect on the cells of the skin, which cover every surface of the body--both inside and outside. These cells are the body's first line of defense against infections; and when vitamin A is lacking, there is liable to be serious trouble because these cells do not function properly.

# # #

1841

...